

Corn Pudding with Fresh Cranberries

Prep Time: 15 minutes

Cooking Time: 45 minutes

Serves: 12 people



Ingredients*

6 cups **1% milk**, OR 2 cans **evaporated fat-free milk** + 2 cans water

¼ cup (4 Tablespoons) **butter**

1 cup maple syrup

3 cups **yellow cornmeal** OR 3 cups **blue cornmeal** OR traditional cornmeal OR a mixture of all

½ teaspoon ground ginger

¼ teaspoon nutmeg

¼ teaspoon salt

2 cups whole, **fresh cranberries**, washed, discarding any blemished berries

½ cup **1% milk** OR other milk

Directions

1. Always wash your hands before preparing food.
2. Preheat oven to 325° F. Grease a 9" x 13" baking dish with butter, oil or cooking spray.
3. Heat 6 cups of milk, butter, and maple syrup in a large saucepan or Dutch oven over medium-heat until just about to simmer; stir about every 5 minutes. NOTE: Add additional milk or water if the more if using blue cornmeal or traditional cornmeal to adjust for color.
4. In a medium-sized bowl, blend cornmeal with ginger, nutmeg and salt.
5. Once milk has just barely started to simmer, sprinkle cornmeal mixture into the milk, whisking constantly. Whisk cornmeal until pudding begins to thicken, then switch to a wooden spoon and continue stirring. When pudding reaches a thick consistency (after about 5 minutes), remove from heat and mix in cranberries and additional ½ cup milk.
6. Pour corn pudding mixture into prepared baking dish and place in the hot oven. Bake pudding until set, about 30 to 35 minutes.
7. Serve warm with additional maple syrup or milk, if desired.
8. Leftovers will keep in the refrigerator for up to four (4) days.

Notes

- Fresh or **frozen blueberries**, chopped **apples** or other fruits in season may be used instead of cranberries.
- This dish would be delicious with **nuts** sprinkled on top.

Source: Recipe adapted from *Mazina'igan* Spring/Summer 2012, page 2 "Corn Pudding with Fresh Cranberries" and **Mino Wiisinidaa!** Page 166 "Wild Rice Corn Pudding with Berries"

*Items in **bold** are available as part of the food package from the **USDA FDPIR** program in your community.